

SEPTEMBER 2014







REACH



REACHOUT

reach out



SPEAK

REACH

2014



reach **out**



GOR RECOVERS





COMMON MENTAL DISORDERS AND MISUSED SUBSTANCES

The impact of mental and substance use disorders spans individuals, families, and communities. Learning about some of the most common mental disorders and misused substances can help people recognize the signs of behavioral health conditions and ultimately seek help. This aligns with the aim of *National Recovery Month* (*Recovery Month*), an initiative that raises awareness about the many resources available to help prevent these conditions and encourage treatment and recovery. *Recovery Month*, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) (http://www.samhsa.gov) within the U.S. Department of Health and Human Services (HHS) (http://hhs.gov), is now celebrating its 25th anniversary and educates individuals and communities about mental and substance use disorders. This initiative celebrates people in recovery, as well as those working in the behavioral health field. It promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people recover from these conditions.

In 2012, an estimated 23.1 million Americans aged 12 or older (8.9 percent) needed treatment* for an illicit drug or alcohol use problem.¹ Of these individuals, only 2.5 million (1.0 percent of persons aged 12 or older and 10.8 percent of those who needed treatment) received treatment at a specialty facility.^{1,2} Additionally, among 43.7 million (18.6 percent) Americans aged 18 and older who experienced any mental illness in 2012, 34.1 million adults (14.5 percent of the population aged 18 or older and 78.0 percent of those who experienced any mental illness) received mental health services during the past 12 months.³ Included in this document are other key statistics about common mental illnesses and misused substances. Also included are alternative names for each disorder or substance; signs, symptoms, and adverse health effects; prevalence; and average age of onset (or age of first-time use of a substance). Information in the following tables was collected from SAMHSA's 2012 National Survey on Drug Use and Health, National Comorbidity Survey – Replication Survey (NCS-R), National Comorbidity Survey – Adolescent (NCS-A), and the Epidemiologic Catchment Area (ECA) Survey of Mental Disorders, as well as reports and data released by The Partnership at DrugFree.Org, the National Institute of Mental Health, and the National Institute on Drug Abuse.

^{*} An individual is defined as needing treatment for an alcohol or drug use problem if he or she met the DSM-IV (APA, 1994) diagnostic criteria for alcohol or illicit drug dependence or abuse in the past 12 months or if he or she received specialty treatment for alcohol use or illicit drug use in the past 12 months (SAMHSA, 2013).

[†] Specialty treatment is defined as treatment received at any of the following types of facilities: hospitals (inpatient only), drug or alcohol rehabilitation facilities (inpatient or outpatient), or mental health centers (SAMHSA, 2013).



The following chart includes information on common mental disorders:

Mental Disorder	Signs & Symptoms 4,5,6	Estimate Description	Surveillance System	Estimate			
Anxiety Disord	Anxiety Disorders						
Agoraphobia	Intense fear and anxiety of any place or situation where escape might be difficult; avoidance of	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.4 percent of youth			
	being alone outside of the home; fear of traveling in a car, bus, or airplane, or of being in a crowded area	Lifetime Prevalence in the United States Among Adults	NCS-R	1.4 percent of adults			
		Average Age of Onset	NCS-R	20 years old			
Generalized Anxiety Disorder	An overwhelming sense of worry and tension; irritability; physical symptoms, including fatigue, headaches, muscle tension, muscle aches, trouble swallowing, trembling, twitching,	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	1.0 percent of youth			
muscl aches tremb sweat lighth		Lifetime Prevalence in the United States Among Adults	NCS-R	5.7 percent of adults			
	sweating, lightheadedness, nausea, and hot flashes	Average Age of Onset	NCS-R	31 years old			
Obsessive Compulsive Disorder	npulsive anxious thoughts or "obsessions," often	Lifetime Prevalence in the United States Among Adults	NCS-R	1.6 percent of adults			
(OCD)		Average Age of Onset	NCS-R	19 years old			
Panic Disorder	Feelings of sudden terror that often occur with a pounding heart, sweating, nausea, chest pain, faintness, or dizziness; an avoidance of places or situations where panic attacks have occurred	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.3 percent of youth			
		Lifetime Prevalence in the United States Among Adults	NCS-R	4.7 percent of adults			
		Average Age of Onset	NCS-R	24 years old			



Mental Disorder	Signs & Symptoms	Estimate Description	Surveillance System	Estimate
Traumatic e. Stress e	Relived trauma after experiencing a terrifying event, through nightmares or disturbing thoughts	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	4.0 percent of youth
(PTSD)	throughout the day; feelings of detachment, numbness, irritability, or aggressiveness	Lifetime Prevalence in the United States Among Adults	NCS-R	6.8 percent of adults
		Average Age of Onset	NCS-R	23 years old
Social Phobia	Intense feelings of anxiety and dread about social situations; a persistent fear of being watched and	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	5.5 percent of youth
	judged by others and being humiliated or embarrassed by the person's own actions;	Lifetime Prevalence in the United States Among Adults	NCS-R	12.1 percent of adults
	sweating, trembling, nausea, and difficulty	Average Age of Onset	NCS-R	13 years old
Specific Phobia	Marked and persistent fear and avoidance of a specific object or situation, such as a fear of heights, spiders, or flying	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	15.1 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	12.5 percent of adults
		Average Age of Onset	NCS-R	7 years old
Mood Disorde	ers			
Bipolar Disorder	Recurrent episodes of highs (mania) and lows (depression) in mood; changes in energy and behavior; extreme irritable or elevated mood; an inflated sense of self- importance; risky	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	2.6 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	3.9 percent of adults
	behaviors; distractibility; increased energy; and a decreased need for sleep	Average Age of Onset	NCS-R	25 years old



Mental	Signs &	Estimate Description	Surveillance System	Estimate
Disorder	Symptoms			
Major Depressive Disorder	A pervading sense of sadness and/or loss of interest or pleasure in most activities that interferes with the ability to work, study, sleep, and eat; negative impact on a person's thoughts, sense of self-worth, energy, and concentration	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	11.2 percent of youth
		Lifetime Prevalence in the United States Among Adults	NCS-R	16.5 percent of adults
		Average Age of Onset	NCS-R	32 years old
Other Mental D	Disorders		<u> </u>	
Attention- Deficit/Hyper activity Disorder	Inattention or difficulty staying focused; hyperactivity or constantly being in motion or talking; impulsivity, meaning often not thinking before acting	Lifetime Prevalence in the United States Among Youth (13 to 18 Years Old)	NCS-A	9.0 percent of youth
(ADD/ADHD)		Lifetime Prevalence in the United States Among Adults	NCS-R	8.1 percent of adults
		Average Age of Onset	NCS-R	7 years old
Personality Disorder	Difficulties dealing with other people and participating in social activities; inflexibility, rigidity, and inability to respond to change; deeply ingrained, inflexible patterns of relating, perceiving, and thinking that cause distress or impaired functioning	12-month Prevalence in the United States Among Adults	ECA	9.1 percent of adults



Mental Disorder	Signs & Symptoms	Estimate Description	Surveillance System	Estimate
Schizo- phrenia	Hearing voices or believing that others are trying to control or harm the person; hallucinations and disorganized speech and behavior, causing individuals to feel frightened, anxious, and confused	12-month Prevalence in the United States Among Adults	ECA	1.1 percent of adults

The following chart includes information on commonly misused substances:

Substance: Examples of Other Names for Substances ^{7,8,9}	Negative Immediate Intoxication Effects, Negative Health Effects ^{10,11}	Estimate Description	Estimate ¹²
Alcohol, Tobacco, and Inhalan	ts		
Alcohol: Booze, beer, wine, liquor	Immediate Effects: Dizziness; talkativeness; slurred speech; disturbed sleep; nausea;	Past Month Use: Prevalence Rate Among People Aged 12 and older	52.1 percent
	vomiting; impaired judgment and coordination; increased aggression Health Effects: Brain and liver damage; depression; liver and heart disease; hypertension; fetal damage (in pregnant women)	Past Month Use: Number of People Aged 12 or Older	135.5 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	12.9 percent
		Past Month Use: Number of People (Aged 12 to 17)	32.2 million
		Average Age of First Use Among People Aged 12 to 49	17.4 years



Substance: Examples of Other Names for Substances	Negative Immediate Intoxication Effects, Negative Health Effects	Estimate Description	Estimate
Gases, Nitrites, and Aerosols (Inhalants): Ether, chloroform, nitrous oxide,	Immediate Effects: Increased stimulation; loss of inhibition; headache; nausea; vomiting; slurred speech; loss of motor coordination; wheezing; cramps; muscle weakness	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.2 percent
isobutyl, isoamyl, poppers, snappers, whippets, laughing gas		Past Month Use: Number of People Aged 12 or Older	500,000
	Health Effects: Memory impairment; damage to	Past Month Use: Prevalence Rate Among Youths (12-17)	0.8 percent
	cardiovascular and nervous systems; unconsciousness	Past Month Use: Number of People (Aged 12 to 17)	1.88 million
		Average Age of First Use Among People Aged 12 to 49	16.9 years
Tobacco Products: Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco,	Immediate Effects: Increased blood pressure and heart rate Health Effects: Chronic lung disease; coronary heart disease; stroke; cancer of the lungs, larynx, esophagus, mouth, and bladder; poor pregnancy outcomes	Past Month Use: Prevalence Rate Among People Aged 12 and older	26.7 percent
chew		Past Month Use: Number of People Aged 12 or Older	69.5 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	8.6 percent
		Past Month Use: Number of People (Aged 12 to 17)	21.5 million
		Average Age of First Use Among People Aged 12 to 49	17.4 years
Illicit Drugs			
Cocaine: Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white	Immediate Effects: Increased alertness, attention, and energy; dilated pupils; increased temperature, heart rate, and blood pressure; insomnia; loss of appetite; feelings of restlessness, irritability, and anxiety Health Effects: Weight loss; cardiovascular complications; stroke; seizures	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.6 percent
lady		Past Month Use: Number of People Aged 12 or Older	1.6 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	0.1 percent
		Past Month Use: Number of People (Aged 12 to 17)	300,000
		Average Age of First Use Among People Aged 12 to 49	20.0 years



Substance: Examples of Other Names for Substances	Negative Immediate Intoxication Effects, Negative Health Effects	Estimate Description	Estimate
Ecstasy (a type of hallucinogen): Adam, E, eve, decadence, M&M, roll, X, XTC	Immediate Effects: Involuntary tooth clenching; a loss of inhibitions; transfixion on sights and sounds; nausea; blurred	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.2 percent
	vision; chills; sweating; increased heart rate and blood	Past Month Use: Number of People Aged 12 or Older	628,000
	pressure; cardiovascular failure Health Effects: Muscle	Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
	cramping/ sleep disturbances; depression; impaired memory; kidney, liver, and cardiovascular	Past Month Use: Number of People (Aged 12 to 17)	Not available
	failure; anxiety	Average Age of First Use Among People Aged 12 to 49	20.3 years
Hallucinogens: Acid, boomers, doses, hits, LSD, microdot, peyote, shrooms, sugar cubes, tabs, trips Immediate Effects: Dilated pupils; higher body temperature; increased heart rate and blood pressure; sweating; loss of appetite; sleeplessness; dry mouth; tremors Health Effects: Disturbing flashbacks that may occur within a few days or more than a year after use	pupils; higher body temperature; increased heart rate and blood pressure;	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.4 percent (includes ecstasy, LSD, and PCP data)
	sleeplessness; dry mouth; tremors Health Effects: Disturbing flashbacks that may occur	Past Month Use: Number of People Aged 12 or Older	1.1 million people (includes ecstasy, LSD, and PCP data)
	_	Past Month Use: Prevalence Rate Among Youths (12-17)	0.6 percent (all hallucinogens); 0.1 percent (LSD)
		Past Month Use: Number of People (Aged 12 to 17)	1.6 million
		Average Age of First Use Among People Aged 12 to 49	19.0 years (LSD data)



Substance: Examples of Other Names for Substances	Negative Immediate Intoxication Effects, Negative Health Effects	Estimate Description	Estimate
Heroin: Big H, blacktar, brown sugar, dope, horse, junk, muc, skag, smack, white horse	Immediate Effects: Alternately wakeful and drowsy states; flushing of the skin; dry mouth; heavy extremities; slurred speech; constricted pupils; droopy eyelids; vomiting;	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.1 percent
		Past Month Use: Number of People Aged 12 or Older	335,000 people
	constipation Health Effects: Collapsed veins;	Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
	infection of the heart lining and valves; abscesses; cellulitis; liver disease; pneumonia;	Past Month Use: Number of People (Aged 12 to 17)	Not available
	clogged blood vessels; respiratory complications	Average Age of First Use Among People Aged 12 to 49	23.0 years
Marijuana: Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees,	Immediate Effects: Distorted perception; trouble with thinking and problem solving; loss of	Past Month Use: Prevalence Rate Among People Aged 12 and older	7.3 percent
smoke, skunk, weed	motor coordination; increased heart rate Health Effects: Respiratory infection; impaired memory; anxiety, exposure to cancercausing compounds	Past Month Use: Number of People Aged 12 or Older	18.9 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	7.2 percent
		Past Month Use: Number of People (Aged 12 to 17)	1.8 million
		Average Age of First Use Among People Aged 12 to 49	17.9 years
Methamphetamine: Chalk, crank, crystal, ice, meth, speed, white cross	Immediate Effects: State of high agitation; insomnia; decreased appetite; irritability; aggression;	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.2 percent
convulsions Health Effer hallucinatio behavior; do or insects c skin; psyche	anxiety; nervousness; convulsions	Past Month Use: Number of People Aged 12 or Older	440,000
	Health Effects: Paranoia; hallucination; repetitive behavior; delusions of parasites or insects crawling under the skin; psychosis; severe dental problems; heart attack	Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
		Past Month Use: Number of People (Aged 12 to 17)	Not available
		Average Age of First Use Among People Aged 12 to 49	19.7 years



Substance: Examples of Other Names for Substances	Negative Immediate Intoxication Effects, Negative Health Effects	Estimate Description	Estimate
Pain Relievers: Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol),	Immediate Effects: Pain relief; euphoria; drowsiness; respiratory depression and	Past Month Use: Prevalence Rate Among People Aged 12 and older	1.9 percent
school-boy (empirin with codeine), China white, dance fever (Actiq®)	arrest; nausea; confusion; constipation; sedation; unconsciousness; restlessness	Past Month Use: Number of People Aged 12 or Older	4.9 million
	Health Effects: Muscle and bone pain; drowsiness; seizure;	Past Month Use: Prevalence Rate Among Youths (12-17)	1.9 percent
	coma; respiratory depression; decreased heart rate	Past Month Use: Number of People (Aged 12 to 17)	4.9 million
		Average Age of First Use Among People Aged 12 to 49	22.3 years
Psychotherapeutics: Prozac®, Zoloft®	Immediate Effects: Increased heart rate, blood pressure, and metabolism; feelings of exhilaration and energy; increased mental alertness; rapid or irregular heartbeat; reduced appetite Health Effects: Heart failure; weight loss; tremors and muscle twitching; fevers, convulsions,	Past Month Use: Prevalence Rate Among People Aged 12 and older	2.6 percent
		Past Month Use: Number of People Aged 12 or Older	6.8 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	2.8 percent
		Past Month Use: Number of People (Aged 12 to 17)	6.9 million
	and headaches; irregular heartbeat and respirations; anxiety; restlessness; paranoia; hallucinations; delusions of parasites or insects crawling under the skin	Average Age of First Use Among People Aged 12 to 49	22.9 years



Substance: Examples of	Negative Immediate	Estimate Description	Estimate
Other Names for Substances	Intoxication Effects, Negative Health Effects		
Sedatives: Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon®	Immediate Effects: Slurred speech; shallow breathing; sluggishness; fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.1 percent
		Past Month Use: Number of People Aged 12 or Older	270,000 people
	inhibitions Health Effects: Seizures;	Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
	impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts;	Past Month Use: Number of People (Aged 12 to 17)	Not available
	sleep problems	Average Age of First Use Among People Aged 12 to 49	26.2 years
Stimulants: Adderall®, Ritalin®, Concerta®	Immediate Effects: Increased blood pressure and heart rate; constricted blood vessels; increased breathing; cardiovascular failure; lethal seizures Health Effects: Increased hostility or paranoia; dangerously high body temperatures; irregular heartbeat; cardiovascular failure; lethal seizures	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.5 percent (includes Methampheta- mine)
		Past Month Use: Number of People Aged 12 or Older	1.2 million (includes Methampheta- mine)
		Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
		Past Month Use: Number of People (Aged 12 to 17)	Not available
		Average Age of First Use Among People Aged 12 to 49	22.1 years
Tranquilizers: Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®)	Immediate Effects: Slurred speech, shallow breathing; sluggishness, fatigue; disorientation and lack of coordination; dilated pupils; reduced anxiety; lowered inhibitions Health Effects: Seizures; impaired memory, judgment, and coordination; irritability; paranoid and suicidal thoughts; sleep problems	Past Month Use: Prevalence Rate Among People Aged 12 and older	0.8 percent
		Past Month Use: Number of People Aged 12 or Older	2.1 million
		Past Month Use: Prevalence Rate Among Youths (12-17)	Not available
		Past Month Use: Number of People (Aged 12 to 17)	Not available
		Average Age of First Use Among People Aged 12 to 49	23.6 years



Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

SOURCES

- ¹ Substance Abuse and Mental Health Services Administration, *Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-46, HHS Publication No. (SMA) 13-4795. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.
- ² Substance Abuse and Mental Health Services Administration, *Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-46, HHS Publication No. (SMA) 13-4795. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.
- ³ Substance Abuse and Mental Health Services Administration, *Results from the 2012 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-47, HHS Publication No. (SMA) 13-4805. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.
- ⁴ The National Institute of Mental Health. (n.d.). *The Numbers Count: Mental Disorders in America*. Retrieved on September 30, 2013, from http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml.
- ⁵ SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health (ADS Center). (n.d.). *Facts About Common Mental Illnesses*. Retrieved on September 30, 2013, from http://promoteacceptance.samhsa.gov/publications/thefacts.aspx.
- ⁶ Mental Health America. (n.d.). *Personality Disorders*. Retrieved on September 30, 2013, from http://www.nmha.org/go/information/get-info/personality-disorders.
- ⁷ National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs Chart.* U.S. Department of Health and Human Services. National Institutes of Health. Retrieved on September 30, 2013, from http://www.nida.nih.gov/drugpages/drugsofabuse.html.
- ⁸ The Partnership at DrugFree.org. (n.d.). *Drug Guide*. Retrieved on September 30, 2013, from http://www.drugfree.org/drug-guide.
- ⁹ National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Prescription Drugs Chart*. U.S. Department of Health and Human Services. National Institutes of Health. Retrieved on September 30, 2013, from http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart.
- ¹⁰ National Institute on Drug Abuse. (n.d.). *NIDA: Commonly Abused Drugs Chart.* U.S. Department of Health and Human Services. National Institutes of Health. Retrieved on September 30, 2013, from http://www.nida.nih.gov/drugpages/drugsofabuse.html.
- ¹¹ The Partnership at DrugFree.org. (n.d.). *Drug Guide*. Retrieved on September 30, 2013, from http://www.drugfree.org/drug-guide.
- ¹² Substance Abuse and Mental Health Services Administration, *Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-46, HHS Publication No. (SMA) 13-4795. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2013.